Coaching Philosophy Assignment

This assignment is three sections. Please use the questions in each section to guide your writing. You can (and should) include additional information for each section. Your paper should be a minimum of 3 pages. *

*** Please do not write the questions below into your paper. This paper should be an essay; it should not be in a question/answer format.** Please contact me if you have questions.

Section 1 Personal Reflection: Your personality and goals are likely to influence your coaching style and view of coaching. Please think about the following questions:

1.Who are you?

Answer for 1.- My name is Duvine Beebe. I am a charming, and charismatic young adult. With a very promising future. I am from Jamaican descent, and I was born in a small town in Alabama called Huntsville. I am an athlete second, but I am a football player first and foremost. Football is the love of my life. It was the first of the few things I fell in love with as a child. While being surrounded by a negative and disappointing environment. This only grew my love for football even stronger, because I always felt like my hometown was a place I had to escape from. Growing up was difficult, always having to adapt to the fast-paced thrill-seeking life the city brought upon everyone. Always having to constantly prove yourself and compete for respect. Just to be left alone. This made me the man I am today. My hometown broke me down and fixed me in so many ways. Taught me so many life lessons, so many characteristic implementations. Like hard work beats talent when talent fails to exist. Preparation is the key to all success. Dedication, discipline, self-control, patience, and thinking outside the box.

2. What are your core values?

Answer for 2.- Integrity, Respect, Responsibility, Fairness, Compassion, Kindness, Courage, Humility, Gratitude, Perseverance, Trustworthiness, Wisdom, Loyalty, Creativity, Happiness etc.

3. What do you want to achieve in life?

Answer for 3.- I want to be able to first be financially stable. Then play a couple years professionally in the NFL. While I'm playing football I also want to kick off. My content creating career, my music career, and my acting, directing, and producing career.

4. Is your current behavior appropriate to your life's goals?
Answer for 4.- It absolutely is. My mother always told me live your life like an open book. If you must live your life behind closed doors, then I don't think you're a good honest person.

5. What are some of your most notable strengths and weaknesses?
Answer for 5.- My most notable strengths are my stubbornness, my anger, my hard work, my dedication, my preparation skills, and my patience.
My weaknesses are my kindness, and my loving heart.

6. Do you think there is a difference between how you perceive yourself and how other people perceive you?
Answer for 6.- yes, I think so, from a young age I was the child mostly everybody didn't like or hated, Because I didn't want to fit in, or do what most of the people in my hometown, or what most people do to fit in, and look cool. I feel like a lot of people try and bring me down because I am so positive, and good hearted, and they just have so much hate in their hearts.

7. Can you think of anything or anyone that might have influenced your desire to want to become a coach/leader or someone that has a positive impact on others?
Answer for 7.- My family members, my little league football coach, my middle school football coach, my high school football coach, and role models like. Denzel Washington, Will Smith, Michieal Jordan, Kobe Bryant, and many more.

Section 2 Coaching Objectives: This section prompts you to think about your coaching (or leadership) objectives (i.e., what would you like to achieve as a coach or leader?). Relatedly, it is

essential to consider what you might need to do to achieve those objectives. Please think about the following questions:

8. What age and level of competition are you planning to coach? Answer- Middle school ages 11-14.
9. What value do you place on winning, having fun, and development (the major objectives associated with coaching outlined in chapter 2)? Answer -Success

10, What might you need to do to achieve your main coaching objectives? (Please connect your answer with material presented in chapters 1-8 in the textbook.) Answer- Communication, and psychology classes and sessions.

11. How will you communicate with and motivate your athletes? Answer- Through heartfelt communications, and motivational talks and speeches. Leading by example, and just being transparent with them on what they need to be getting done.

12. How will you discipline athletes? Answer- Running, which will always be a team effort. Making them straighten up.

13. How will you accommodate athlete diversity? Answer- A diverse foundation set around the players. A place where no hate is allowed, but all options and thoughts are.

14. What is your coaching or leadership style? Is this a reflection of who you are as a person? Please discuss. Leading by example. Answer-Nurturing love, knowledge, and vibrations. As well as tough love if I must. Like a father to his son, wouldn't trat my players no different. Being more than a coach, but a beacon of unity.

15. Do you have any coaching role models? How have they influenced your desire to coach and the type of coach you want to be? Answer- My coaching role models are Phil Jackson, Gregg

Popovich, and Trey Sullivan. They influenced my desire to coach because of their passion for winning games. Expressing positive communication. Great preparational coaching, and hard work.

16. Have you thought about your coaching/leadership philosophy before now? Answer- Yes, I did.

17. Do you think your coaching philosophy should change over time? Why or why not? Answer- Yes, I did because you should never stop growing and getting better.

Please feel free to include any other relevant material from the course.

Section 3 Benefits of a Coaching Philosophy: Please discuss why writing a coaching philosophy is important, paying particular attention to how it is likely to impact the enjoyment and success of a coach. Answer- It's important because it's all about maintaining balance, and if you don't have balance then. It is easy for your career to fall apart.

Please make sure that you read the grading rubric before beginning this assignment.